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Fresh from Vermont: New Cookbook Offers Healthy School Meals Children Love

Shelburne, VT – Vermont FEED (Food Education Every Day), the Vermont Agency of Education (AOE), and the School Nutrition Association of Vermont (SNA-VT) have developed a cookbook to help transform our nation's school lunch experience. The partners are excited to announce the national release of *New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks*. Designed to help schools include fresh local food in their menus, and to meet the new USDA nutrition standards, the cookbook aims to bridge the gap between what children will eat and food that nourishes their bodies and minds.

"I am very pleased and excited to provide our food service programs in Vermont, and throughout the country, this creative, colorful, and fun resource," said Laurie Colgan, the Director of Child Nutrition Programs at the AOE. "The recipes are delicious and will help our schools get more local foods in their school menus."

A free copy of the cookbook will be distributed to every state's Department of Child Nutrition, as well as to every Vermont school. A printable version can also be downloaded at vtfeed.org or via the AOE website: <http://bit.ly/18T251D>.

The cookbook features local seasonal recipes developed by Vermont school nutrition professionals with support from the New England Culinary Institute (NECI). All recipes are scaled for large-volume cooking and meet the latest USDA dietary standards. From Strawberry Spinach Salad and Mac and "Trees" (broccoli) to Chicken Vegetable Curry and Twice-Baked Sweet Potato, every recipe was tested in school kitchens and approved by hundreds of schoolchildren. More than just recipes, the cookbook is also packed full of resources, including:

- Ways to make local food more affordable
- How to incorporate USDA foods into "from-scratch" cooking
- Tips for introducing new recipes into school cafeterias
- Knife skills and produce storage guides

New School Cuisine demonstrates to the nation that the transformation of school cafeteria food has begun. The dozens of school cooks who shared their recipes and practices hope they will become part of other schools' food culture--and that cooks across the nation will be inspired to keep cooking with love and hope for a healthier generation.

"I participated in this project because I want to be part of the solution," said David Horner, Foodservice Director for Vermont's Chittenden East Supervisory Union. "I want to help educate other foodservice directors that it is possible to get kids to eat healthy food, cooked from scratch."

About Vermont Food Education Every Day (VT FEED)

Vermont FEED works with schools and communities to raise awareness about healthy food, good nutrition, and the role of Vermont farms and farmers. VT FEED acts as a catalyst for rebuilding healthy food systems and cultivates links between classrooms, cafeterias, local farms, and communities. VT FEED is a partnership of three Vermont non-profits: Food Works at Two Rivers Center, The Northeast Organic Farming Association of Vermont (NOFA-VT), and Shelburne Farms. Learn more here: vtfeed.org/.